



## Mark Your Calendars - on March 7th "PhD Meets Julia Child"

Our March 7<sup>th</sup> program features Annalise Roberts-whose cookbooks are a perennial favorite - and her sister Claudia Pillow, Ph.D. Their new book, *The Gluten-Free Good Health Cookbook* "shatters the mold for diet books" by combining basic science, and proven medical research with a true love of food and eating.

After being diagnosed with celiac disease in 2002, Annalise Roberts devoted herself to developing gluten-free baking recipes that taste just as good (if not better than) their wheat flour counterparts. Her recipes were featured in *Gourmet* magazine in November 2005, and her first book, *Gluten-Free Baking Classics* appeared in May 2006. Her most recent book, *Gluten-Free Baking Classics for the Bread Machine* is a collection of recipes developed for the Zojirushi bread machine. She works with celiac support groups and teaches gluten-free cooking and baking classes in the New York-New Jersey metropolitan area.

In 2007, Claudia Pillow received her Ph.D. in Health Studies from Texas Women's University but she has been studying and working with food for her entire life. Dr. Pillow is a classically trained chef and

graduate of the New York Restaurant School, and worked as a chef and caterer for many years in the New York metropolitan area. An MBA offered her the opportunity to jump to the corporate side of the food industry, where she marketed cheese and natural beverages. Currently she lectures about gluten intolerance and teaches gluten-free cooking and baking classes in the Dallas/Fort Worth area. Dr. Pillow serves on the board of the Gluten Intolerance Group of North America and is a local resource for the North Texas chapter.

The program will focus on the effect of food on the body as well as fabulous GF food.

- How to strengthen the immune system and prevent chronic disease,
- How GF cooking can promote weight loss.
- How to replace gluten containing foods, reduce sugar intake and create balanced meals; and
- Expert baking and cooking advice for healthy eating.

As a special treat, Annalise will bring "tastings" from the book.



Join us at our meeting to learn important new information about GF food choices – and for a great group of vendors.

Phelps Memorial Hospital Auditorium, Sleepy Hollow, NY  
Meeting begins 2:00 p.m. Vendors at 1:30 p.m.

# Our March 7th Gluten-Free Vendors



## **Mr. Ritts Gluten Free Bakery - [www.mrritts.org](http://www.mrritts.org)**

A full line of excellent gluten-free bakery products.

To place an order for the meeting, use the meeting preorder button on the upper left

**PRODUCTS**

**▶ MEETING PREORDER FORM**

side of the home page. All payments will be taken at the meeting. You only need to enter your credit card expiration date using the checkout when placing a meeting order. By phone: 877-677-4887



## **Joan's GF Great Bakes - <http://gfgreatbakes.com/>**

Absolutely great bagels, pizza, cookies, muffins, and breads - great taste and texture.



## **Gilberts Gourmet Goodies - [www.gilbertsgourmetgoodies.com/](http://www.gilbertsgourmetgoodies.com/)**

Cookies, cookie dough, and mixes - bursting with flavor without gluten, peanuts, nuts, soy\*, milk, and corn.

\*Chocolate chips contain soy lecithin.



## **<http://www.kettlecuisine.com>**

Savory soups, hearty chills, and rich chowders. Perfect for a cold winter's day.

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